

LAKE MARY INVITATIONAL

MARCH 6, 2021

Entry fee \$200 per school, \$125 per gender. Limited to 16 teams.

Admission \$5.00 for adults, kids are free. Concession stand will be open all day

Medals to top 3 in each event. Team Champion and Runner-up trophies.

Contact Coach Ryan Lowe at 407-227-3085 or lowera@myscps.us for questions.

7:45am Coaches Meeting
8:00am Consolation 1600 (unscored, unlimited runners; just show up at the line)
8:20am Senior Celebration

RUNNING EVENTS (WE WILL BE ON A ROLLING SCHEDULE ONCE THE 100/110 HURDLES START)

9:00am 4 x 800

10:00am 100/110 Hurdles
100
1600 (2 heats, slower heat will run first)
4 x 100
400
300 Hurdles
800 (2 heats, slower heat will run first)
200
3200 (1 heat, lapped runners will move to lane 3)
4 x 400

FIELD EVENTS (WE WILL BE ON A ROLLING SCHEDULE)

9:00am LONG JUMP (BOYS AND GIRLS)
GIRLS SHOT PUT
BOYS DISCUS
GIRLS POLE VAULT

10:00am GIRLS HIGH JUMP

11:00am TRIPLE JUMP (BOYS AND GIRLS)
BOYS SHOT PUT
GIRLS DISCUS
BOYS POLE VAULT

12:00 noon BOYS HIGH JUMP

1:00pm GIRLS JAVELIN

2:00pm BOYS JAVELIN